



# Base Bulletin

Vandenberg AFB, CA 93437-0759



24 December 2003

No. 52

The Base Bulletin is published each Wednesday (except holidays). Send proposed bulletin items via e-mail to [publishing.vafb@vandenberg.af.mil](mailto:publishing.vafb@vandenberg.af.mil) or to Publishing VAFB on the Global, or via fax to DSN 276-6614 or 805-606-6614 to arrive at 30SCS/SCSP by noon Friday, the week before you want your item to appear. Be sure to include your name, office symbol, and office phone number. Remember to include your home phone number for personal items. Your items will run for two consecutive weeks, and may be resubmitted one week after the last date it was published. Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30SW Form 400, this form must be submitted with the article, or it will not be published.

## SECTION I — ADMINISTRATIVE DUTIES

Duty Chaplain: Duty phone, 6-5773. After hours, 6-9961.

Safety Hazard: Dial 5-SAFE (If off base, dial 605-SAFE).

## SECTION II — OFFICIAL

### 1. Team Vandenberg:

**a. Breakers Holiday Meal:** The Holiday meal will be held on 25 Dec 03, 1100, at the Breakers Dining Facility. All valid ID card holders and their family members are authorized to attend. Questions can be directed to 30SVS at 6-3219. (30SVS/SVMX)

**b. Classified Clean Out Day:** Vandenberg's annual classified information "clean-out" day is scheduled for 29 Dec 03 this year. This program is required by AFI 31-401, para 5.28.3, and was initiated by DoD to have classified document custodians at all levels make a conscious effort to reduce classified holdings to only that necessary for mission accomplishment. The Base's Central Destruction Facility will be manned to handle your needs. Please contact your Unit Security Manager for more information or SSgt Jason J. Rowe, Base Information Security at 6-4354 (30SFS/SFAI).

**c. Volunteer Income Tax Assistance (VITA) Program:** Volunteers are needed for the upcoming Volunteer Income Tax Assistance (VITA) program on Vandenberg AFB. No Prior Experience is Required!!! Volunteers are trained in the computerized preparation of income tax returns. Once trained, they are called upon to provide income tax assistance to the Vandenberg Air Force Base military community. Military retired and civilian volunteers are encouraged to volunteer their free time to work. Training, starting in January, is provided for preparation of Federal and California returns. If you are interested in helping your active duty and retired military community, please call 5-6224 for further information. (30SW/JA, 5-6224)

**d. Team Vandenberg 2003, 4th Quarter Awards Suspense:** All Company Grade Officer, Enlisted, Civilian, and Volunteer packages are due NLT 1630, **Tuesday, 30 Dec 03**. Hand Carry packages (except Civilian Category) to Bldg 10577, Rm C-104, 30 SW/JAE, addressed to 30 SW/CGO Board Facilitator, 30 SW/Enlisted Board Facilitator, or 30 SW Volunteer Board Facilitator. Deliver Civilian nomination packages to 30 MSS/DPMP, Bldg 11777, Rm C-216. Rules of Engagement/Criteria can be found at the following link: [http://www.vandenberg.af.mil/awards\\_promotions/guidance/index.htm](http://www.vandenberg.af.mil/awards_promotions/guidance/index.htm). Do not forget to use the new **IMT FORM 1206**, as we can no longer accept the FormFlow version. (30LCG/CCF, 6-3230)

**e. New Laws Effective Jan 04:** Children required to be in a safety seat, must now ride in the backseat of a car. Exceptions: if there's no rear seat or if you can't properly restrain the child. Children one-year-old or less, or weighing less than 20 pounds, must ride in the back seat if there's an active passenger side bag. California law will also restrict video displays in the front seat, unless they're for global positioning systems. Parents could also face a misdemeanor next year if they knowingly provide alcohol to anyone under 21-years-old who then drives and causes an accident. (I wonder whether this will apply to all adults who provide alcohol to under-aged drinkers...) More to come. (30SW/SEGB, 6-8804)

**f. Retirement Luncheon:** A luncheon honoring Mr. Terry Shafer will be held at Jack's in Old Orcutt on Friday 09 Jan 04 from 1130—1300. RSVP to Gordon Maness at 6-8825, NLT 02 Jan 04. Come and join us as we say farewell to an all around good guy and local hero. (2ROPS/DOUS, 6-8825)

**TEAM VANDENBERG**

**g. MPF Retirements and Separations Briefing:** The bi-weekly Retirements and Separations Briefing regularly scheduled for 24 Dec 03 is cancelled. Briefing schedule will resume on 7 Jan 04 and continue every other Wednesday thereafter. Please contact TSgt Almodovar at 6-4948 for additional information. (30MSS/DPMAR)

**h. Airman Leadership School Request:** The Vandenberg Airman Leadership School is looking for 32 good copies of AFH 33-337, The Tongue and Quill. We require these books for classroom use. If you have any surplus copies of this publication, please call TSgt Kari Hughes at 6-5595 or e-mail, [kari.hughes@vandenberg.af.mil](mailto:kari.hughes@vandenberg.af.mil) (30MSS/DPN)

**i. Airman Against Drunk Driving (AADD):** Call us and we will come get you. 605-AADD/606-AADD. We care, do you? (30CES/CCS, 6-3612)

## 2. 30<sup>th</sup> Space Communications Squadron: (30SCS)

**a. Email Authentication:** The email display name is the text shown in your Microsoft Outlook "From" column when you receive an email. You use it as a way to quickly identify the person or office sending an email. However, it is not a proper method of authentication of the sender. You should always verify receipt of a proper digital signature for important emails, and for all emails starting 1 Apr 04 per DoD guidance. The digital signature is created by use of your Common Access Card (CAC). Display name standardization aids in a quick method for gaining pertinent information about the sender, such as office, rank, organization, and active duty affiliation, contractor or civil servant position grade (or optional civ). If your display name is not current, or you have not received a CAC card, please contact your Workgroup Manager (WM) or the Military Personnel Flight (MPF) respectively. (30SCS/SCB, 6-3078)

**b. Media Breakdown Before Final Destruction:** All Vandenberg personnel who utilize the Base Destruction Facility in Bldg 7423 should first review **30 SWI 31-105, Base Destruction Facility**, and pay close attention to **paragraph A1.3 in Attachment 1**. Non-compliance before actual media destruction will result in rescheduling. (30SCS/SCBR-6-4212/6-0682)

**c. Annual Classified Information Clean-Out Day:** The Wing has declared 29 Dec 2003, cleanup day for classified materials on Vandenberg AFB. Moreover, your Base Records Management office will be manning the Base Destruction Facility, Bldg 7423 from 0800 to 1600 on a first come first serve basis. Please note anyone needing to destroy **Top Secret** materials **will need to contact Base Records Management prior to 29 Dec 03** for special handling at either 6-4212 or 6-0682. (30SCS/SCBR)

## 3. Traffic Management Office: (30LRS)

**a. Separating, Retiring or PCSing?** PLAN AHEAD! Within 30 days of receipt of orders, stop by TMO, Bldg 11777, Rm C-103 to schedule an appointment for your household goods pick-up dates. Remember, the earlier you meet with us, the greater your chances of moving on the date you initially select. As always, we will work with you to the greatest extent possible. (30LRS/LGRT, 6-0904)

**b. It's Your Move:** If you are scheduled to make a Government sponsored move this message is for you. The Traffic Management Office (TMO) would like to send you information to assist you with your move. Along with the briefings, an "E" package of tips and information on your upcoming move can be emailed to your computer. (30LRS/LGRT, 6-6932/33)

**c. Shipping Your Pet:** If you are PCSing overseas with your pet, the following website contains useful information and web links: <https://amclg.scott.af.mil/cgi-bin/index.pl?dd=/don/lgtp&ti=HQ+AMC/LGTP+-+Passenger+Policy>. HQ AMC Pet Brochures are available at TMO Passenger Travel, Bldg 11777, Rm C-113. (30LRS/LGRT, 6-6932/33)

## 4. Civilian Personnel: (30MSS/DPCE, 6-5847)

**a. Voluntary Leave Transfer Program:** Johnna DeSimone - Schriever AFB, Sandra Jernigan, Betty O'Herlihy, Howard Brown, and Tim Jones - Luke AFB, Michael Baca - HQ ARPC/MS, Glenda Bennet - Peterson AFB, Lynda Debicari, Tamara Jones, and Herlene Thurman - Los Angeles AFB, Carolyn DeLaGarza - Langley AFB, Contine Francis and Janice Shinkle - Macdill AFB, Delores Green - Dobbins ARB, Wilson Holloway and Frank Valentik - Avon Park AFB, Charles Howard - Vance AFB, Jane Kelsey and Earle Tasse - Eglin AFB, Roberta Clark, Eileen Clemmons, Theresa Currier, Jennifer Mac Davitt, and Lisa Wiggs - Patrick AFB, Earl Mikula - Buckley AFB, Dotsy Parnell - Shaw AFB, Sue Sommers - Scott AFB, Jeneke Lacy, Jacquelyn Schmidt and Carol Vilcek - AF Academy, Mike Weatherly - Homestead ARB, and Michael Zarbo - Ramstein AB are all in need of leave donations. Civilian employees who would like to donate a portion of their annual leave must complete an OPM 630-A. You can go by Bldg 11777, Rm B-103 to pick-up and/or turn in your form. You can access this form on the web at: [http://www.opm.gov/FORMS/PDF\\_FILL/opm630A.pdf](http://www.opm.gov/FORMS/PDF_FILL/opm630A.pdf) (30MSS/DPC, 6-5847)

**b. Thrift Savings Plan (TSP) Open Season ends on 31 Dec 03:** FERS employees may elect to contribute up to 14 percent of their basic pay and CSRS employees may contribute up to 9 percent of their basic pay. The new contribution amounts will be effective dependent upon the date the employee makes their contribution election. **FERS** employees who are affected by the annual limit on elective deferrals should be cautious regarding the effective date of an increase in their contribution amount. Timing is extremely important to ensure these employees do not reach their annual limit prior to the end of the year. The Internal Revenue Service has announced the annual limit on elective deferrals will increase to \$13,000 in 2004. Federal civilian employees can use the Benefits and Entitlements Service Team (BEST) automated system, **1-800-997-2378**, or the EBIS website <http://www.afpc.randolph.af.mil/dpc/best/menu.htm> to change the allocation of the funds you are contributing to, access the TSP website at <http://www.tsp.gov>. (30MSS/DPCE, 6-5847)

**c. Catch-Up Contributions** - Employees wishing to make 2004 TSP Catch-Up Contributions may make their election anytime on or after 30 Nov 03. The first **pay date** in which Calendar Year 2004 TSP Catch-Up Contributions will be made is 2 January 2004. To enroll or obtain information about the program, eligible employee should visit the BEST Homepage <http://www.afpc.randolph.af.mil/dpc/best/menu.htm> and make their election via either the BEST-automated web or phone. The maximum allowable amount for catch-up contributions for 2004 is \$3,000. Catch-up contributions will automatically stop with the last pay date in the calendar year (19 Dec 03) or upon reaching the maximum catch-up dollar limit for the year. Participants must make a new election each year. Employees who turn age 50 between 1 Jan and 31 Dec 04 may submit your election on or after 1 Jan 04. You may access the following website for more detailed information on the TSP catch-up contributions: <http://www.afpc.randolph.af.mil/dpc/BEST/Catch-Up.htm>. As a reminder, employees can make TSP Catch-Up Contributions year-round: (30MSS/DPCE, 6-5847)

#### **5. 30<sup>th</sup> Medical Group:** (30MDG)

**a. New Pharmacy Automated System:** We are implementing a new automated system that will decrease human error and enhance patient safety. You may experience an increase in waiting times (in excess of 1 hour) for the next 3-6 months. Please be patient as we are working to provide you with better care. Contact: SSgt Heather Agnew at 6-7440. (30MDOS/SGO, 6-3308)

**b. New Flight/Missile Medicine Sick Call Hours:** Beginning 1 Jan 04, Flight/Missile Medicine's new Active Duty sick call times will be from 0730—0800. Friendly reminder: sick call is designed for patients who are unable to wait for an appointment. Examples would be vomiting, diarrhea, severe pain, etc. For more routine ailments, such as, soreness, medication refills, and waiver renewal appointments, please continue to make scheduled appointments by calling Flight/Missile Medicine at 606-5560. When using Flight/Missile Medicine sick call, we ask that patients arrive between 0715 and 0730 to ensure that we can see you in a timely manner. Dependents needing a sick call appointment should call Flight/Missile Medicine at 606-5560 for further instructions. (30MDG/SGSB)

**c. Operation Baby Launch:** The 30<sup>th</sup> Medical Group invites anyone anticipating starting a family and expectant parents to attend Operation Baby Launch on 12 Jan 03 at 1700 to gather information on health care options and benefits. Representatives for each of the contracted hospitals will be in attendance. No registration is necessary. Spouses and partners are welcome. For more information please call Nancy Silas, 6-8217, Eileen Fox, 6-5338 or Pam Coggins at 5-8254. (30MDG/SGOMH)

**d. Attention TRICARE Prime Travelers:** Whether you or a family member travels during the holidays, remember to carry your TRICARE Prime card. As an enrollee in Prime, you will need an advance authorization from your PCM to use a military medical facility for other than primary care services at a clinic, which serves as your PCM. You also need advance authorization for any non-emergency care you may receive while you're away from the area in which you're enrolled in TRICARE Prime. You won't need advance authorization for emergency services, but be sure you obtain documentation of the emergency nature of the care, such as a statement from the attending physician. A medical emergency is the sudden and unexpected onset of a medical condition, or the acute worsening of a chronic condition, that is threatening to life, limb or eye sight, and which requires immediate medical treatment, or which requires treatment to relieve suffering from painful symptoms. Medical emergencies include heart attacks, cardiovascular accidents, poisoning, convulsions, kidney stones, and other acute conditions. Pregnancy-related medical emergencies must involve a sudden and unexpected medical complication that puts the mother, the baby, or both, at risk. If you have an "urgent" medical problem, but can't get to your PCM, call your Health Care Finder for instructions. The toll-free number for the Health Care Finder is on your Prime ID card. An urgent medical problem is a medical situation that isn't life threatening, but you think you need medical care. Remember, if it isn't an emergency, you need permission first, even to see a military doctor, other than your assigned PCM. You won't need a

referral for pharmacy services that you obtain at a Prime network pharmacy or at a military medical facility's pharmacy. (30MDG/SGO, 6-3308)

**6. 30<sup>th</sup> Security Forces Squadron:** (30SFS)

**a. Neighborhood Watch Program:** This program is run by you and designed to help ensure a safe and secure neighborhood. If interested in starting this program in your area call 5-0792. (30SFS/SFOS)

**b. Vacation Quarters Check:** If you live in base housing and plan to take leave or go TDY, have Security Forces check your home while you are gone. To make arrangements, stop by the Law Enforcement Desk, Bldg 13675. For more information call 5-0792. (30SFS/SFOS)

**c. Firearms Registration:** IAW 30 SWI 31-101, Installation Security Program, Paragraph 14.3.1, states all base residents who own or possess firearms must register them with the Pass and Registration Office. To initiate the process, request an AF Form 1314, Firearms Registration, from your orderly room. After completing in triplicate, take the signed form to Bldg, 11777, Rm C-111. For more information, contact your Resource Protection Monitor, or call 5-0797. (30SFS/SFOSP)

**OFFICIAL**

**FRANK GALLEGOS**  
**Colonel, USAF**  
**Commander**

**Mary E. Meyer**  
**Chief, Publishing Management**

**SECTION III — UNOFFICIAL**

**General Information:**

**a. Attention Military Personnel Assigned To Vandenberg:** Lodging has been granted a waiver to allow Space A to book now for the Holidays and to confirm stays up to ten days in lodging quarters (\$29.00 per night) now through 5 Jan 04, (waiver ends 5 Jan 04) for friends and relatives of military personnel assigned to this base. This is a great opportunity to invite friends and relatives to visit and stay in our quarters. To book call Mike Green at 5-7831 or 6-1844, for 0-6 and above, call 6-3711. (30SVS/SVML)

**b. Going To A Holiday Party?** Spend the night at Lodging for only \$29.00 per night. Under a special waiver, you may book a VQ now for your party night. To be eligible you must be active duty military or retired military or civilian (DOD) on active duty (waiver expires 5 Jan 04). Call Mike Green at 5-7831 or 6-1844 to book. (30SVS/SVML, 6-1844)

**c. Dining Facility Advisory Board Meeting:** The next Dining Facility Advisory Board meeting will be 14 Jan 04, 1000, at Breakers Dining Facility. (30SVS/SVMX, 6-3219)

**d. Quarterly Birthday Meal:** The Quarterly Birthday Meal will be held at the Breakers Dining Facility on 15 Jan 04. Members with birthdays in the months of October, November and December are invited. The doors will open at 1700 and Team Vandenberg Commanders, Chiefs and First Sergeants will serve the meal at 1730. (30SVS/SVMX, 6-5496)

**e. 2-Drawer Safe Needed:** The Radio Frequency Spectrum Management Office needs a working (not locked out) security container. You call - we'll haul. (30SCS/SCMI, 6-6695)

**f. Defense Support Program (DSP) Flight 22 Patches:** The 14th Air Force Missile Warning Operations branch is selling these patches, \$5.00 each with Velcro attached, prior to the upcoming launch of DSP Flight 22 from Cape Canaveral, FL on 14 Feb 04. Anyone interested can call 6-6053 or e-mail Major Rick Rogers at [richard.rogers@vandenberg.af.mil](mailto:richard.rogers@vandenberg.af.mil) or SSgt Tom Dickerson at [thomas.dickerson@vandenberg.af.mil](mailto:thomas.dickerson@vandenberg.af.mil) to view or buy a patch. (14AF/A330)

**g. CPR Instructor Course:** The Santa Barbara County Red Cross will be holding a series of classes leading to certification as a CPR Instructor. Teaching this class is a great way to keep your skills fresh, and provide a life saving skill to other members of the community. Classes will be held at the Santa Maria Office, 222 W. Carmen Lane, Suite 222. Prerequisites: Must be at least 17 years old, and must attend all sessions. There is a total of 22 hours of instruction for the two required courses, "Fundamentals of Instructor Training", and "Instructor Course in the First Aid/CPR/AED Program." Classes begin Monday, 12 Jan 04 and conclude

Thursday 23 Jan 04. Classes are Monday, Wednesday, and Thursday evening from 1800—2100 or 1800—2200. Candidates completing the course will be authorized to teach American Red Cross First Aid, Adult, Infant, Child CPR, and AED. Cost of the entire course is \$120.00. If you teach two or more volunteer Community Classes in Santa Barbara County in the next 12-months you will receive a refund of \$50.00. For more information or to register call 928-0778. (30SCS/SCSP, 6-7892)

**h. Tutors Needed:** Los Padres Elementary School is looking for volunteer tutors, daily, 1430—1600. For more information call Susan at 734-2524 or e-mail [prentisss@lompoc.k12.ca.us](mailto:prentisss@lompoc.k12.ca.us)

**Health and Wellness Center:** (30MDG/HAWC, 6-2221)

**a. Tobacco Cessation Class:** This is a six-week class held on Tuesday, from 1200—1300 geared toward helping individuals quit tobacco for good. For class dates and more information contact the HAWC at 6-2221.

**b. Sensible Weigh Program:** This is a four-week class held at the HAWC on Wednesday from 1400—1530 and on Thursday from 0800—0930, (class #3 is held at the Commissary). This class helps individuals lose weight and learn healthy eating habits. For more information and to sign up, call the HAWC at 6-2221.

**c. Breastfeeding and Infant Care:** This class is offered to help new Moms with the proper tips and techniques of breastfeeding as well as Infant Care (Dads are highly encouraged to attend). Class is offered quarterly for more information please call the HAWC at 6-2221.

**d. Exercising During Pregnancy:** This class gives expectant Moms the guidelines for staying fit while pregnant and is offered quarterly. For more information please call the HAWC at 6-2221.

**e. Risk Reduction Series:** A series of 3 classes offered on Thursday at the HAWC from 1400—1600. The first Thursday covers Diabetes, the second Thursday covers Cholesterol/Heart Disease and the third Thursday covers High Blood Pressure. For more information or to sign-up please call the HAWC at 6-2221.

**f. Body Fat Taping:** The HAWC conducts Body Fat Taping every day during the following hours: Monday, Wednesday & Friday from 1000—1100 and Tuesday and Thursday from 1300—1400.

**Chapel:** (30SW/HC, 6-5773)

**a. Worship Schedule: Catholic Mass:** Saturday, 1615—1645 confessions; 1700 Chapel II; Sun 1000, Chapel I, Daily Mass 1130 M-F, Chapel II. **Protestant:** Praise & Worship 0830 Sunday, Chapel II; Gospel 1130 Sunday, Chapel II; Traditional 1130 Sunday, Chapel I.

**b. The Vandenberg Jewish Community:** Hebrew and Bar Mitzvah classes are ongoing on base. These classes are open to all children with base access. Please call Randee Van Ness at 734-3311.

**c. Vandenberg Officer Christian Fellowship:** Vandenberg Officer Christian Fellowship (OCF) is a non-denominational bible study meeting Thursday nights, 1900, at the home of Maj Keith and Christy Keana, 612 Cherry St. Come join us for a time of study, fellowship and prayer. Please contact Maj Keana or Christy at 734-0696 (home) or 6-6461 for more information. [Keith.keana@vandenberg.af.mil](mailto:Keith.keana@vandenberg.af.mil)

**d. Holiday Worship Service Schedule:** Please call the Chapel at 6-5773 for further Holiday Information or activities.

|           |      |  |           |
|-----------|------|--|-----------|
| 24 Dec 03 | 1700 | Christmas Children's Mass                    | Chapel I  |
| 24 Dec 03 | 1930 | Protestant Christmas Eve Candlelight Service | Chapel I  |
| 25 Dec 03 | 1000 | Christmas Day Mass                           | Chapel I  |
| 25 Dec 03 | 1130 | Protestant Christmas Day Service             | Chapel I  |
| 26 Dec 03 | 1900 | Hanukkah Service & Dinner                    | Chapel I  |
| 28 Dec 03 | 1130 | Combined Protestant Worship Service          | Chapel I  |
| 31 Dec 03 | 1700 | New Year's Vigil Mass                        | Chapel II |
| 31 Dec 03 | 2200 | Watchnight Service                           | Chapel II |

**e. Monthly Prayer Breakfast:** Come and join us for our monthly prayer breakfast Thursday, 15 Jan 04 at 0630 at the Chapel I annex. Col Wayne Louis, former Vice Commander of the 30th Space Wing will be our guest speaker.

**Family Support Center:** (To pre-register for all classes, workshops, and seminars, call the designated point of contact, 30MSS/DPF, 6-0039).

**a. Office Closure:** The Family Support Center is closed for staff training every Monday from 0730—0930. Personnel requiring emergency Air Force Aid will be assisted. Call 6-0039.

**b. 2004/2005 General Henry H Arnold Education Grant Program:** Last year the Air Force Aid Society awarded \$5.25 million in college education grants to Air Force dependents. Your son, daughter, or spouse could be an eligible candidate. Visit your Family Support Center or the Society's web site [www.afas.org](http://www.afas.org) for information and application for this grant. Don't automatically think you won't qualify. What have you got to lose? A \$1500 college grant!

**c. BabyMeet:** Meets Tuesday and Thursday at 0900 at the Religious Education Center, Bldg 16140. If you are pregnant or the parent of a baby between the age of newborn to 2 years, this is an opportunity to get together with other families for discussions and socialization. Contact Lora at 734-1461.

**d. Playtime for Tots:** Meets Wednesday mornings at 1000. This playgroup is for parents and children ages 2 to 5. Contact Sully at 734-2089.

**e. VAFB Mothers of Twins Group:** If you would like to get together with other parents of multiples to discuss everything from bed rest and triple strollers to potty training and separate classrooms, please join us. We are forming a new support group for families. For further information contact Karen Duncan at 734-1654 or [KSDDSM@aol.com](mailto:KSDDSM@aol.com)

**30<sup>th</sup> Services Squadron:** (30SVS/SVK, 6-276)

**a. Auto Hobby Shop:** (30SVS/SVRA, 6-6014)

- **Early Bird Shop:** Tuesday - Thursday, shop opens at 1000.

**b. Surf Lanes Bowling Center:** (30SVS/SVRB, 6-3209/734-1310)

- **Airmen's Night:** Thursday, 1700—2100. Every Thursday night at the Bowling Center, E-4's and under bowl for just \$1 per game.
- **Dollar Days:** Thursday, 1800—2100. \$1 per person per game.
- **Thunder Alley:** Thursday, 1800—2100, Friday, 2200—0100, Saturday, 2100—2400. Catch the ultimate glow bowl experience 3 nights a week!

**c. Breakers Dining:** (30SVS/SVMF, 6-7540)

- **Dial-a-Menu:** Call our telephone menu service and find out what's being served in your dining facility. The number is 6-8234.
- **Deployed Spouses:** Thursday, 1800. Open to all spouses and dependents of deployed members. This offers spouses a chance every week to socialize with other spouses and gives them a break from cooking. E-4 and below pay cost of food only, E5 and above include surcharge.

**d. Child Development Center:** (30SVS/SVYC, 6-1555)

- **Give Parents a Break:** This program offers parents one evening of child-care per month for parents who need a break. Give us a call and find out how you can qualify.
- **Drop-in Care Available:** The Child Development Center is open to active duty military, DOD civilians, and DOD contractors, as well as reservists placed on active duty for training. The CDC has drop in care for \$3.50 an hour on a space available basis.

**e. Family Child Care:** (30SVS/SVYD, 6-3255)

- **Provider Training:** The need for Child Care Providers has never been greater! Help make a difference and find out how you can become a licensed childcare provider. Contact Gwendolyn Jones at 6-4639 or 6-3255.

**f. Fitness Center:** (30SVS/SVMP, 6-3832)

- **New Year's Eve Fitness Frenzy:** 31 Dec 03, 1800-0100. Sign up at the Fitness Center by 29 Dec 03.

**g. Library:** (30SVS/SVMG, 6-6414)

- **Dial-a-Story:** The phone number is 6-4300. Available 24/7, story changes each Sunday.

**h. Marshallia Ranch Golf Course:** (30SVS/SVRG, 6-6262)

- **Winter Open:** 3-4 Jan 04. Sign up at the Pro Shop. Entry fee is \$20.
- **Youth Golf Lessons:** Saturday, 1330. Lessons are available for youth ages 8-years and up. Cost is \$5 each session including use of rental club set and range balls.

**i. Outdoor Recreation/Equipment Checkout:** (30SVS/SVRO, 6-5908)

**j. Pacific Coast Club:** (30SVS/SVRMC, 734-4375 or 734-4376)

**Entertainment/Events:**

- **Around The World:** Join us for our new "Around The World" promotion as we explore 20 beers from 20 different countries. A new beer will be available every Friday for a two-week period. Pick up your passport card today!
- **New Year's Celebration:** 31 Dec 03, 2100—0200. Welcome in 2004 with the traditional New Year's bash! Cost is \$5 for members and \$10 for non-members. Includes party favors and breakfast at 0030.
- **Bonanza Bingo:** Play Bonanza Bingo at the Club 7 days a week for just \$1 per ticket! You may win up to \$1000.

**Menu:**

- **Club Closed:** 24-30 Dec 03. Club and Foggio's will be closed for the holidays.
- **Weekly Lunch Schedule:** Monday - Lunch Special, Tuesday - Mexican, Italian, or Oriental Buffet (rotates weekly), Wednesday - Santa Maria BBQ Buffet, Thursday - Chicken and Ribs Buffet, Friday -

Seafood Buffet.

**k. Rod & Gun:** (30SVS/SVRR, 6-4560)

- **Open Shoot:** Open Trap & Skeet shoot every Wednesday, Friday and Saturday morning at 0830.

**l. Services Center:** (30SVS/SVYR, 6-7976)

- **UPS Shipping:** Looking to send off those holiday packages? Stop by the Services Center where UPS shipping is available Monday through Friday from 0800-1700.
- **Natural Knead Massage:** New extended hours! Monday-Friday open until 1900. Special holiday gift baskets and gift certificates are now available.

**m. Skills Development:** (30SVS/SVRS, 6-6438)

- **Stained-Glass Workshop:** 7 Jan 04, 1700. \$2.50 per hour + cost of materials.
- **Scrapbooking Workshop:** 8 Jan 04, 1800—2100. \$2.50 per hour + cost of materials.

**n. Swimming Pool:** (30SVS/SVRO, 6-3581)

- **Pool Open:** The maintenance work has been completed, and the pool has resumed regular hours.
- **Lap Swimming:** Monday-Friday, 1000—1300.
- **Water Aerobics:** Monday, Wednesday, Friday, 1300—1345.

**o. Veterinary Clinic:** (30SVS/SVRV, 6-3019)

- **Clinic Day:** Thursday is the normal clinic day. Pets can be seen by appointment only by calling us at 6-3019. The appointment schedule is released every Friday for the following Thursday.

**p. Youth Center:** (30SVS/SVYY, 6-2152)

- **Membership:** Find out what great things the Youth Center has to offer for the upcoming year. Youth Center Membership for 2004 is available.

**Education Center:** (30MSS/DPHE, 5-5904)

**a. Spouse Scholarship Available:** Please stop by the Education Services Center to pick up information on the Spouse Scholarship Program funded by the Aerospace Education Foundation. Applications can be found at Bldg 14001, 144 Wyoming Avenue, Education Office (across the street from the Commissary). Applications are accepted now until 30 Jan 04. The 30, \$1,000 scholarships will be awarded in March. Applicants will receive a notification of their application status by the Aerospace Education Foundation. For more information, please call Ms. Jacquie Estrada at 5-5903. (30MSS/DPHE)

**b. Attention - Schedule Change:** The Education Flight will be closing our doors every Friday until 31 Jan 04. Please make adjustments to stop by our offices prior to Friday. Thanks for your understanding during this time. (30MSS/DPHE, 5-5903)

**c. Attention Team Vandenberg Members:** Due to the advancement of the Computer Age and the goal of a "Paper-less Air Force" the Education Center will be releasing hard copies of Education Records to all members. Please stop by and pick up your education records. The suspense of complete disbursement is 30 Jan 04. Note: Remaining Education Records will be shredded after Suspense date. Any questions or concerns can be directed to the Education Office at Bldg 14001 (across the street from the Commissary) or contact A1C Starks at 5-5904. (30MSS/DPHE)

**d. Online Teacher Certification Program:** The South Carolina T3 Coalition is pleased to announce that the online teacher certification program is now open to spouses and other civilian employees. This unique teacher certification program, which has been open to military participants for almost two years, allows participants to complete nine online courses to prepare for new careers in public education. Following completion of online coursework, participants serve one-year paid internships in South Carolina public schools. The program is currently offering South Carolina teacher certification in science, math, or English/Language Arts. For additional information on the program, visit the following web site: [www.hehd.clemson.edu/TTT](http://www.hehd.clemson.edu/TTT) (30MSS/DPHE, 5-5903)

**Computer Training:** (InDyne, 6-3771)

**a. Personal Computer Systems Training:** Call for information and dates for our new classes, Adobe Acrobat Writer, Photoshop Elements, and Advanced Access. Learn Introduction to Computers -- A basic class for beginners; Word 2000; Word Advanced; Excel 2000; Excel Advanced; PowerPoint 2000; Access 2000 Beginning; Access 2000 Intermediate; Access 2000 Advanced; Access Lab; Palm PDA Beginning; Project 2000; Publisher 2000; Front Page 2000; Outlook 2000; and Outlook Email Only (a class specifically for those in process of getting an email account). In addition to the existing traditional demonstration/lecture courses offered at the Computer Training Facility located within Bldg 9360, InDyne, Inc. also reserves 4 hour blocks of time specifically for those students interested in completing Computer Based Training (CBT) Courseware. This provides an alternate method for those who are unable to satisfactorily complete CBTs at their Personal

Computer in their work environment. Slots are available both in the morning and afternoon time frames. Call 6-3771, or e-mail: [lexi.schwartz@vandenberg.af.mil](mailto:lexi.schwartz@vandenberg.af.mil)

**b. Computer Tips: First Tip:** AWESOME AUTOSUM - If you've spent just a few minutes with Excel, you probably know that to quickly sum any row or column of data, you can: **1.** Select the cell just beneath the column or just to the right of the row. **2.** Click the AutoSum icon on the Standard toolbar. What you may not know is that you can get the same job done without so much as a glance at the mouse: **1.** Select the cell just beneath the column or just to the right of the row. **2.** Press **Alt + =** and press **Enter**. **Second Tip:** Opening multiple instances of FrontPage - When you open multiple Word or Excel documents, those programs create multiple instances of themselves, each of which is represented by an icon on the Windows taskbar. Having multiple instances open makes dragging content between documents easy: Select the content in one instance and drag it to the other instance's icon on the task bar. When the second instance pops up, release the mouse button. FrontPage, on the other hand, only creates a second instance when you open a second Web site. If you want to create a second instance of FrontPage for a single Web, choose New Window from the Window menu. FrontPage creates a second instance, appending :1 or :2 to each window's title bar.

**c. Available Classes:** Following are classes scheduled for the new year, which have open slots:

| Class                                     | Date(s)    | Time      |
|---|------------|-----------|
| Photo - Special Effects I                 | 5 Jan 04   | 1130—1230 |
| Outlook Email Only                        | 5 Jan 04   | 0800—1100 |
| Access 2000 Basic                         | 5-9 Jan 04 | 1300—1600 |
| Intro to Computers                        | 6 Jan 04   | 0800—1100 |
| Computer Based Training                   | 7 Jan 04   | 1245—1600 |
| Computer Based Training                   | 7 Jan 04   | 0800—1100 |
| Excel - Filtering, Sorting, and Subtotals | 7 Jan 04   | 1130—1230 |
| Word 2000                                 | 7-9 Jan 04 | 0800—1100 |
| ISSO Training                             | 7 Jan 04   | 0800—1130 |
| Computer Based Training                   | 8 Jan 04   | 1245—1600 |
| Computer Based Training                   | 8 Jan 04   | 0800—1100 |
| Computer Based Training                   | 9 Jan 04   | 1245—1600 |
| Computer Based Training                   | 9 Jan 04   | 0800—1100 |
| Photo - Special Effects II                | 9 Jan 04   | 1130—1230 |

**Note:** Walk-ins are always welcomed!

#### Items For Sale:

**For Sale:** 2000 Ford Escort ZX2, Original Owner, 45,000 miles, black, 4 cylinder, 5-speed, AC, PS, PW, Remote Power Door Locks, Alarm. AM/FM Cassette and 6 Disc CD Changer, Alloy Wheels, 33/28 mpg, excellent condition, \$6,500, call 937-3787.

**For Sale:** 1999 Ford Explorer Sport Utility. 2D, AC, Power Steering, Power Windows, Power Door Locks, Tilt Wheel, Cruise Control, CD, Privacy Glass, Running Boards. V-6, 4.0 Liter, 5 speed, K&N air filter, Flow Master Exhaust, Oversized Tires, and Tow Package. Mileage is 77,000. \$8,000 OBO. Call Mike 733-5049.

**For Sale:** 1996 Ford Explorer Sports Utility 2D, AC, AM/FM, rear air, power steering, windows, door locks. Tilt wheel, cruise control, and sunroof. Excellent condition. Asking \$7,500 OBO. Call 268-3965.

**For Sale:** 1995 BMW convertible, \$13,900, Call 734-1289

**For Sale:** 1976 Honda CB 750, 55,000 miles. Helmet and sash included. Asking \$500. Call Arthur at 734-0454.

**For Sale:** 2000 Ranger R-61 bass boat, Yamaha C-90, Minn-kota 50lb. thrust, two fishing chairs, plus hydraulic pedestal seat, 2 Garmin 160s, on-board charger, custom cover. Paid \$15,925 total, asking \$11,300 OBO. 734-6795

**For Sale:** American made 4-stringed Kay Banjo. Immaculate, like new w/case and music. Must see to appreciate, \$250 OBO. Solid mahogany secretary desk w/4-drawers, \$175 OBO. Call 934-1051 after 1700.

**For Sale:** Bassett Queen Shenandoah Pine Poster Bed. Brand New! No mattresses or bedrails. Bought new \$850; will take \$300 OBO. Call 734-1137

**For Sale:** Micron computer, 19-inch monitor, keyboard and mouse, bought new for \$2,300, asking \$600 OBO. Call Nate or Nikki at 734-0651.

**For Sale:** Chain link fence, 2 gates, top rails and all hardware, fence taken down and garaged, \$350 worth of material. I will deliver. \$150 OBO. 734-1289.

**Wanted:** Math tutor for pre-algebra and algebra. If you can help a no-love for math person, please rescue me and call 734-1137.